

Other Medical Conditions (AK 35-USDA 360)

Explain to Participant

You're enrolled in the WIC program today because of your special medical condition which is severe enough to affect nutritional status. The condition may affect your ability to eat nutritious foods or may change your requirements for nutrients. It includes, but is not limited to juvenile rheumatoid arthritis (JRA), lupus erythematosus, cardiorespiratory diseases, heart disease, cystic fibrosis, persistent asthma (moderate or severe) requiring daily medication

Goal

The goal is to promote eating three to four meals a day, to make good food choices of high nutritional quality in order to maintain good nutritional status.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Explain the nutrition education material suggested.
Refer participant to a Registered Dietitian (RD).
Eat a variety of foods from all the food groups every day.
Choose low fat foods like fruits, vegetables, whole grains and low fat dairy foods.
Drink 8 glasses of water every day.
Ask your health care provider about vitamin/mineral supplements.

Nutrition Education Material Suggested

Daily Food Guide

Explain Applicable

WIC Foods

WIC Foods

Nutrients Provided

Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information